

YOGA WARRIORS

Strong body—Strong Mind

This program focuses on learning natural ways to focus the mind and calm the body. Using the breath and movement, Yoga increases well being, builds resiliency to life's stresses and increases mental focus and agility.

The class can be adapted to all levels. Loose fitting clothing is recommended for your comfort.



Evening Sessions!
No parking problems!
FREE!

What:

A set of movements and breathing exercises designed for Veterans

When:

Tuesdays from 5:30-6:45pm

Place:

Robley Rex VAMC; Rm D010

Taught by:

Rachel Torres, Yoga Instructor